

# Fit for Business

Sponsored by the Health & Benefits Program

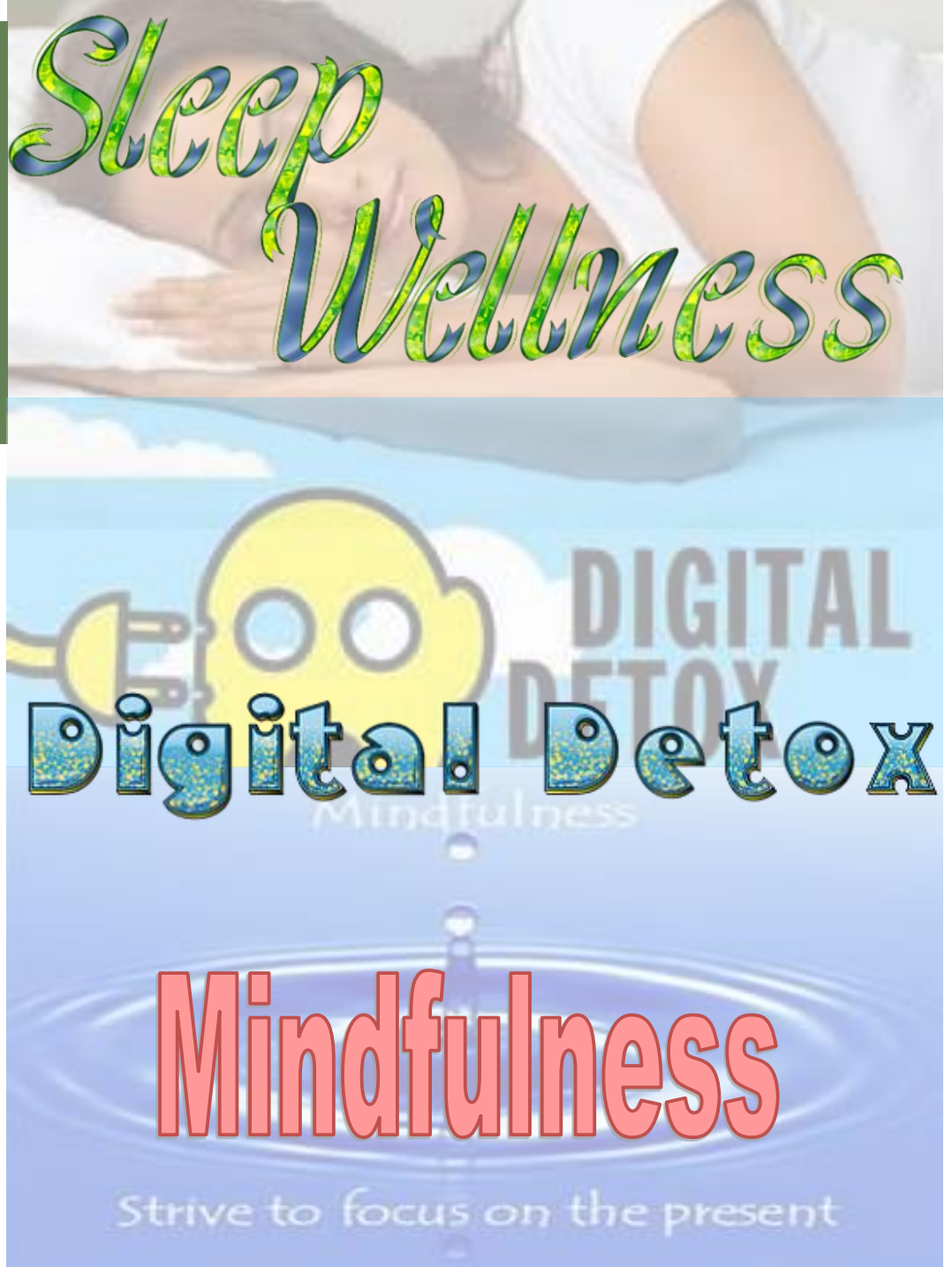
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**Are you  
ready to get  
happy?  
Check out  
the  
Happy  
Website**



## Fitness Class Schedules

**Try a class today, you'll like it!**



### HIIT Fitness Training

Mon/Wed 6:00am  
1820 Roosevelt Bldg 2

### Tabata Express

Tue/Thur 12:10 p.m.

### Yoga

Mon/Wed 12:10 p.m.  
Tue/Thur: 3:45pm  
1820 Roosevelt

### Zumba

Tue/Thur 5:30pm

### Tabata

Mon/Wed 5:30 p.m.

**Nia** Fridays at Noon

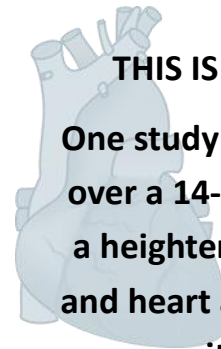


# Sleep Digital Detox Mindfulness

## The CDC recently called insufficient sleep a "PUBLIC HEALTH EPIDEMIC"

Pretty strong words, but the statistics are undeniable, we don't get enough sleep as a nation.

**50-70 MILLION  
ADULTS HAVE A  
SLEEP OR WAKEFUL-  
NESS DISORDER**



### THIS IS HEART-STOPPING

One study based on findings over a 14-year period found a heightened risk of strokes and heart attacks associated with sleep disorders.

**Sleeplessness cuts the productivity of the average American worker by \$2,280 per year.**

**That's \$63.2 Billion lost across the USA each year!**



### DOES A BODY BAD

Studies link insufficient sleep with:

1. Smaller brain size
2. Obesity
3. Type 2 Diabetes
4. Poor reaction time

### WHERE'S MY MIND?

**18.3 MILLION**

REPORT PERFORMANCE ISSUES AT WORK

**38.8 MILLION**

REPORT MEMORY PROBLEMS

**49.2 MILLION**

REPORT CONCENTRATION DIFFICULTIES

# Sleep Digital Detox Mindfulness

**H**ow many hours of sleep do we need for optimal performance? What is keeping us from getting a good night's sleep? What is the impact on employee stress? What is the impact on my personal health? What is the impact on my employer?

The gold standard for sleep is a good non-disturbed 7.5 to 8.0 hours of

sleep. The body and the brain need these hours to regenerate for the demands of the next work-day. Sleep loss has both short-term

and long-term implications at the worksite. Short-term: loss of attention span, poor reaction time, poor decision-making, miscommunications, lethargy and fatigue. Long-term: suppressed immune system (more sick-time), obesity, heart disease, and cancer.

**SLEEP HYGIENE.** Our sleep hygiene is our sleep environment. We need to think about what is interrupting our sleep: street noise, room temperature, light, TV, computers, phones, tablets, snoring partners, and even our beloved pets. Good sleep hygiene goes way beyond having a good mattress, it includes a cool, quiet, dark room.



## Digital Overload, Digital Stress, Digital Toxicity

The biggest issue with poor sleep in this dec-

ade and beyond is that we are bombarded with digital technology non-stop 24/7. We are plugged in to almost every type of digital media we can think of. We are overloaded (sometimes) to the point of mental exhaustion and digital toxicity. For some of us, we really need to think about starting to disconnect so we can get a good night's sleep. If you are a heavy digital user once you get into bed, please consider winding down your time slowly so you won't go into connection withdrawals.

The downside of nighttime screen time is that these devices give off a blue-light spectrum which affects a specific gland in our brain and reduces our sleep hormone. This blue spectrum

light is designed to stimulate the brain to stay awake. Just maybe we don't need to look at all 788,000 Google and YouTube hits for smiling kittens, or get

one more Facebook post, or read our tweets, or answer all 97 emails. Never before in history have we been exposed to so much digital information

that it's causing insomnia, stress, and mental paralysis. The new name is "screen addiction" and we can't seem to get enough. It's a problem for adults and adolescents and children who are spending half the night communicating with their friends.





# Sleep Digital Detox Mindfulness

The real question does this “digital addiction” “Techno-stress” from being digitally connected 24/7 or what is commonly called now the



“Fear of Missing Out (FOMO)” does all of this have any detrimental effects on us? The answer is that nobody knows yet. The latest research is looking at what is called “neuroplasticity” the rewiring of the human brain in response to the constant bombardment of digital information. One professor of synaptic pharmacology at Oxford University sites negative issues regarding 10 to 12 hours a day of digital overload. If you’re mind is constantly engaged in neural stimulation this keeps the mind in a low-level of fight or flight response. Others are concerned with a person’s emotional maturity, intuition, psychologically reasoning, memory processing and the development of a moral compass especially in kids.

## How do We Digitally Detox?

First we recognize that these tech-

nologies are not bad in themselves it just depends upon how we use these technologies. If you are feeling like you’re a bit over-plugged in to the digital world maybe it’s time to consider a “media curfew” for you and your family. Another idea would be to consider limiting the length of time digital devices are allowed into the bedroom. Another consideration, if you

have a pet and take them outside you completely digitally unplug and enjoy the outside and your pet.

## So, what can I do?

In a new culture defined by short attention spans, training our mind to focus on one thing without ricocheting all around is a form of mental stability. A practice of mindfulness is the “new meditation” and will allow us to be calm while the digital tsunamis’ swarm around us. And even better, the benefits of mindfulness will help lower our resting heart rate and blood pressure, it also helps promote a good night’s sleep.

## The Art of Mindfulness

Mindfulness is the art of living in the present moment through the eyes of non-judgmental mind. Through mindful living we learn to observe our thoughts. This detachment is not as easy as it seems giv-

en the mind’s influence to constantly direct our thoughts toward past events or future events to worry about. Our mind is what activates the Flight or

Fight mechanism so mindfulness helps deactivate this switch in non-threatening times.

There are six basic ways to get involved with Mindfulness.

### 1. Sitting Mindfulness Focus:

Sitting tall and still with your back straight, eyes closed: focus on your breathing. Try this for just one minute to get started. Breathe in through your nose hold for a few seconds and out through our mouth. Expand your belly as you breathe and not your



# Sleep Digital Detox Mindfulness



chest. Focus only on your breathing.

2. **Body Scan Mindfulness:** Sit in a comfortable chair or lie down on the floor or your bed. Start with your head or your feet and slowly become aware of each body part and what it feels like. Try and relax each part as you think of them. This is a great technique for trying to get to sleep.
3. **Gentle Stretching or Yoga:** Perform some simple stretches or yoga moves and focus on what you are feeling. Feel the muscle(s) stretch and relax. Use controlled and/or focused breathing.
4. **Walking Mindfulness:** Unplug from your digital world and take a causal walk outside and feel your feet contacting the ground, look and feel the sights, the smells, etc.
5. **Loving Mindfulness:** Enhancing one's sense of connection to others and the world by observing your own thoughts with an intention of loving kindness to people, pets, and the world.
6. **WellBeing:** Learn about the five components of WellBeing: Career, Social Interaction, your Financial future, your Physical self, and your connection to Community. These five components focus on you and being a well-rounded healthy individual.

Resources to get you started in Mindfulness: check these out and see if they will be useful to you.

[Freemindfulnessinfo](#)

[MindfulnessExercises](#)

[10MindfulnessExercises](#)

[MindfulnessofBreath](#)

[BreathingExercises](#)

[5minutebreathingexercise](#)

[1minutebreathingexercise](#)

[4-7-8breathingexercise](#)

[MindfulYinYoga1hourclass](#)

[25MinuteGentleYoga](#)

[15MinMindfulChairYoga](#)

[GentleStretching10min](#)

[ProgressiveMuscleRelaxation10min](#)

[ProgressiveMuscleRelaxation8min](#)

[WellBeingTEDtalk15min](#)



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